

**Brought to you
by the S.I.M
GYM**

**Bring your
Lunch and
Learn**

**Talk takes
place in the
auditorium of
St. Joseph's
Villa from
11:30-1pm**

**56 Governor's
road, Dundas**

Call

905-627-3541

ext 2109

or email

s.i.m.gym@

sjv.on.ca

**to reserve
your spot**

**55 and older
please**



Lunch and Learn

Jan 18th, 2018



Is Your BLADDER Running your LIFE?

Join Kristen Parise Pelvic Health Physiotherapist for an informal and interactive session to learn more about your bladder and pelvic floor health. **Learn what causes urinary incontinence, urinary urgency and pelvic floor dysfunction. Come for the talk and walk away with useful strategies to take back control of your bladder and a much better understanding of your own body. This session is open for both men and women!!**

Kristen Parise has been a physiotherapist for over 17 years working in many settings including hospitals, children's treatment centres, outpatient clinics and in home care. She currently has her own physiotherapy practice, Blueberry Therapy, in Dundas (www.blueberrytherapy.ca). She has a Masters degree in Exercise Physiology and a Bachelor of Health Science in Physiotherapy from McMaster University. Kristen has received additional training to allow her to work as a Pelvic Health Physiotherapist and is passionate about providing exceptional, evidenced based care.